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7
Let's Talk
EXTENSION NUTRITION

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U. S. Department of Agriculture ■ Washington 25, D. C.

3

LIST OF STATE PUBLICATIONS ON FOODS AND NUTRITION (4-H)
IN USE,
1955 //

For your convenience, a listing of 4-H Club material in foods and nutrition for 1955 is attached. This is also included in the complete List of State Publications on Foods and Nutrition recently sent to each State.

We appreciate receiving copies of new material so that our files may be kept up to date. Any suggestions as to how this list may be made more useful will be appreciated. If you have leader-training guides or any other type of material that you think may help in the 4-H Foods and Nutrition Program, please send them in for further listing.



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4-H-114(6-55)

4-H PUBLICATIONSALABAMA

Alabama Polytechnic Institute, Auburn

Foods and Nutrition:

1. Making oatmeal cookies. Leaf. 4 pp., illus. July 1951.
2. Table courtesy. Leaf. 4 pp., illus. July 1951.
3. Sandra makes chocolate fudge. Leaf. 4 pp., illus. August 1952.
4. Steps in biscuit making. Leaf. 2 pp., illus. August 1953.
5. Mother helps daughter make cream puffs. Leaf. 2 pp., illus. July 1954.
6. Filling for cream puffs. Leaf. 2 pp. July 1953.
7. Making plain muffins. Leaf. 2 pp. July 1953.
- *8. Making cornmeal muffins. Leaf. 2 pp., illus. July 1954.
- *9. Breakfast for the sick. Leaf. 2 pp., illus. July 1954.
- *10. Hot chocolate. Leaf. 2 pp., illus. July 1954.

Food Preservation:

1. Canning tomatoes. Leaf. 2 pp., illus. July 1954.
2. Making peach jam. Leaf. 2 pp., illus. January 1951.
3. Canning berries. Leaf. 2 pp., illus. 1952.
4. Using the pressure canner. Leaf. 2 pp. 1952.
5. Canning apples. Leaf. 4 pp., illus. 1953.
6. Frozen foods. Leaf. 4 pp., illus. 1953.
7. Using the water bath canner. Leaf. 2 pp., illus. 1953.
8. Ten steps to good jelly. Leaf. 2 pp., illus. 1954.

Consumer Education:

1. The band around the can of food. Leaf. 2 pp., illus. July 1951.
2. Let's go grocery shopping. Leaf. 2 pp., illus. July 1951.
3. The milky way. Leaf. 2 pp., illus. July 1952.
4. Selection of fruit. Leaf. 2 pp., illus. 1953.
5. Selection of vegetables. Leaf. 2 pp. 1953.

ALASKA

University of Alaska, College

Foods and Nutrition:

1. It's fun to cook the 4-H way. Broject book I and II. 19 pp., illus. rev. 1955.
2. Hot lunches. Instructions. 19 pp., illus. Slightly revised 1954.
3. Camp cookery. Instructions. 7 pp., illus. rev. 1954.

ARIZONA

College of Agriculture, Tucson

Foods and Nutrition:

1. Foods for first year 4-H. Cir. 156. 27 pp., illus. August 1949.
- = 2. Second year 4-H foods. Cir. 184. 43 pp., illus. rev. October 1953.
3. Leader's guide for second year 4-H foods. mimeo. N-4-H 386. 20 pp., illus. October 1953.
4. 4-H judging sheet. 1 pp. 1954.
5. Third year 4-H foods--A project for girls and boys. mimeo. N-4-H 467. 61 pp., illus. (Being revised, November 1954).
6. Leader's guide for third year 4-H foods. Ditto. N-4-H 468. 16 pp., illus. November 1953.
7. Requirements for Arizona 4-H Club work. Cir. 204. 17 pp. rev. May 1953.

Food Preservation:

1. Preservation of food. L-186. 7 pp. rev. November 1949.

ARKANSAS

P. O. Box 391, Little Rock

Foods and Nutrition:

1. Breakfast time - 4-H foods demonstration I - Cir. 367. 15 pp., illus. repr. May 1952.
2. Lunch or supper time - 4-H foods demonstration II - Cir. 368. 19 pp., illus. repr. May 1952.
3. Dinner time - 4-H foods demonstration III - Cir. 369. 18 pp., illus. repr. June 1953.

Food Preservation:

1. 4-H canning - fruits, vegetables, tomatoes, kraut. Cir. 450. 31 pp., illus. repr. March 1951.

CALIFORNIA

Bulletins being revised at present.

COLORADO

Colorado State College of Agriculture, Fort Collins

1. First year foods - breakfast. Cir. 2001-A. 23 pp., illus. Feb. 1952.
2. Second year foods - luncheons and suppers. Cir. 2037-A. 28 pp., illus. November 1954.
3. Fifth year foods - entertaining at home. Cir. 1975. 24 pp. 1945.
4. Third year foods - dinners. Cir. 1972. 28 pp., illus. 1949.

5. Better meals for the family, fourth year foods. Cir. 2335.
36 pp., illus. undated.
6. Young cooks, associate members (9 years of age). Cir. 2336.
10 pp., illus. undated.
7. Sixth year foods. Cir. 2482. 27 pp. undated.

CONNECTICUT

University of Connecticut, Storrs

Foods and Nutrition:

1. 4-H food for fun and fitness. Fold. 31. November 1952.
2. 4-H foods record - food for fun and fitness. Leaf. 36-D. Oct. 1952.
3. Cooking the 4-H way. Bul. 423. 52 pp., illus. repr. April 1954.
4. 4-H foods record - breakfast unit. Leaf. 36-A. 4 pp., il us.
October 1952.
5. 4-H foods record - lunch and supper unit. L-36-B. 4 pp., illus.
October 1952.
6. 4-H foods record - dinner unit. Leaf. 36-C. 8 pp., illus. October 1952.
7. 4-H cakes & cookies. M. 15 pp., illus. February 1949.
8. 4-H setting your table. M. 3 pp. February 1955.

Food Preservation:

- *1. Judges comments on canning exhibit. 1950.
- *2. Judges comments on your freezing exhibit. 1952.
3. 4-H fruits and vegetables canning. Bul. 430. 23 pp., illus. Feb. 1952.

DELAWARE

University of Delaware, Newark

Foods and Nutrition:

1. Foods record - Unit I - "J.C's". rev. 1953.
2. Foods record - Unit II - lunch and supper. rev. 1953.
3. Handbook for 4-H foods unit 2 - preparing and serving lunch or supper.
4. When you give demonstrations. May 1950.
5. Advanced foods unit - quick breads for any meal.
6. Handbook - advanced 4-H foods unit - quick breads for any meal. Jan. 1950.
7. Foods record - meal planning - advanced unit.
8. Manual - meal planning - advanced unit.
9. The care of your teeth - 4-H leader's manual. mimeo.
10. 4-H junior cooks - handbook.
11. Foods record - unit III. undated.
12. Handbook - foods unit I. undated.
13. The main meal of the day. unit III. undated.

FLORIDA

Florida State University, Tallahassee

1. Food preparation and meal planning. Dem. I. June 1951.
2. Handbook for health improvement.
3. Streamlining your build.
4. Better living at home through a well-filled pantry. Dems. 3,4,5,&6.
5. Better living at home through home canning. Dems. 1 and 2.
6. 4-H food selection, preparation and meal planning record for senior 4-H Club girls. Dems. 3,4,&5.
- *7. The 4-H junior cook - projects 1 & 2.
8. Plan, prepare and serve 6 dinners and 6 suppers. Dems. 2. 4th and 5th year.
9. Preparation of: meats, eggs, desserts, left-overs, yeast breads, cakes. Dem. 2. 3rd. year.
10. Preparation of fruits, vegetables, cereals, and beverages. 1st. year.
11. Preparation of milk, salads, salad dressings, and quick breads. Dem. 2. 2nd. year.
12. Foods for special occasions. Dem. 2.

GEORGIA

College of Agriculture, University of Georgia, Athens

Foods and Nutrition:

1. Senior 4-H Club food preparation guide. Bul. 550. repr. 1954.
2. Junior 4-H Club food preparation guide. Bul. 549. repr. 1954.

Food Preservation:

1. Senior 4-H Club canning manual. Bul. 563. repr. 1954.

HAWAII

University of Hawaii, Honolulu 10

1. 4-H nutrition and health club record book. Form 159. rev. Sept. 1949.
2. 4-H calls for luncheons and suppers. Bul. 47. October 1949.
3. Dinners for the 4-H Club family. Club cir. 54. July 1954.
4. It's fun to entertain - luncheons and suppers. Club cir. 87. May 1954.
5. Breakfast - The 4-H way. Club cir. 52. January 1952.
6. My friends' foods. Club cir. 56. December 1952.
7. Baking unit--unit I, 4-H Club project. Club cir. 58. January 1952.
8. Food habits for 4-H members. Cir. 65. October 1954.
9. It's fun to entertain--breakfast. Club cir. 86. May 1954.
10. It's fun to entertain--dinner. Club cir. 88. June 1954.

IDAHO

College of Agriculture, University of Idaho, Moscow

Foods and Nutrition:

1. 4-H foods project Div. 1 Junior cookery. Bul. 152. 12 pp., illus. March 1953.
2. 4-H foods project Div. 2 Breakfast. Bul. 153. 18 pp., illus. March 1951.
3. 4-H foods project Div. 3 Luncheon. Bul. 157. 24 pp., illus. May 1948.
4. 4-H foods project Div. 4 Dinner. Bul. 168. 24 pp., illus. Feb. 1948.
5. 4-H foods project Div. 5 Let's bake. Bul. 183. 12 pp., illus. April 1952.
6. 4-H foods project Div. 5 Let's entertain. Bul. 191. 16 pp., illus. April 1952.
7. Suggested plan of meetings for 4-H foods project Div. 1 Junior Cookery, m., 2 pp. 1953.
8. Suggested plan of meetings for 4-H foods project Div. 2 Breakfast, m., 2 pp. 1951.
- *9. General information about cheese (for 4-H dairy demonstrations and talks). mimeo. 1 pp. 1951.
- *10. General information about milk (for 4-H dairy demonstrations and talks). mimeo. 2 pp. 1951.
- *11. Outdoor food and fun (leader's guide). I-36-m. 1 pp. January 1955.
- *12. Outdoor food and fun. I-35-m. 17 pp., illus. 1955.
- *13. A good demonstration (4-H). 4 pp. m. 1953.

Food Preservation:

1. 4-H frozen foods Div. 1. m. 1 pp. 1952.
2. 4-H frozen foods Div. 2. m. 1 pp. 1952.
3. 4-H frozen foods Div. 3. m. 1 pp. 1952.
4. 4-H frozen foods Div. 4. m. 1 pp. 1952.
5. 4-H frozen foods 4-H leader's guide. Div. 1-4 (requirements). m. 5 pp. 1952.
6. Food preservation record book. Bul. D8. 4 pp. 1948.
7. Canning made easy. Div. 1. 4-H leader's guide. m. 2 pp. 1952.
8. Canning made easy. Div. 2. 4-H leader's guide. m. 4 pp. 1952.
9. Canning made easy. Div. 3. 4-H leader's guide. m. 3 pp. 1952.
10. Fourth year canning. Bul. 113. 16 pp. March 1939.
11. Fifth year canning. Bul. 114. 16 pp. March 1939.
12. Canning made easy 4-H (A review of requirements for leaders). m. 2 pp. 1950.

ILLINOIS

College of Agriculture, University of Illinois, Urbana

Foods and Nutrition:

1. You learn to bake--G.F. 1. mult. 1954.
- *2. AEC's of food--G.F. 2. mult. 1955.
3. Adventures in cooking--G.F. 3. mult. 1954.
- *4. It's fun to cook--G.F. 4. mult. 1955.
5. Plan and prepare meals--meat, poultry, fish--G.F. 5. mimeo. 1954.

6. Plan and prepare meals--pastry--G.F. 6. mimeo. 1954.
- *7. Yeast breads in your meals--G.F. 7. mimeo. 1955.
8. Outdoor meals--G 82. mimeo. undated.

Food Preservation:

- *1. Preservation-canning. mimeo. G 133. 1954.
- *2. Preservation-freezing. mimeo. G 133. 1954.

IOWA

Iowa State College of Agriculture, Ames

Foods and Nutrition:

1. Milk the way you like it. HE-20. 8 pp., illus. August 1952.
2. Let's cook vegetables. HE-12. 8 pp., illus. rev. November 1952.
3. Good salads. HE-29. 8 pp., illus. December 1953.
4. Let's make quick breads. HE-30. 4 pp., illus. December 1953.
5. So you want to learn about food. C-229. 2 pp. August 1953.
- *6. Training school outlines and program planning suggestions for 4-H food and nutrition clubs. mimeo. C-735. 11 pp. rev. July 1954.
- *7. Let's do the dishes. HE-17. October 1950.
- *8. Our family meals. HE-13. 15 pp., illus. May 1951.
- *9. Let's cook cereals. Leaf. C-740. 2 pp. September 1950.
- *10. Meat in our meals. HE-9. 8 pp., illus. August 1952.
- *11. Let's bake cake, cookies and pie. HE-2. 8 pp., illus. November 1950.
- *12. Let's bake yeast bread. HE-25. 4 pp., illus. November 1952.

Food Preservation:

1. Freezing fruits, vegetables, and prepared foods. HE-23. 20 pp., illus. February 1953.
2. Freezing meats, poultry, dairy products, and fish. HE-26. 8 pp., illus. August 1953.
- *3. Canning fruit and vegetables. Pamph. 88. 16 pp., illus. September 1950.

KANSAS

Kansas State College of Agriculture, Manhattan

Foods and Nutrition:

1. 1949 price list for 4-H foods project. mimeo.
- *2. Easy as pie.

Food Preservation:

1. Leader's guide - 4-H food preservation. M-47. June 1949.
2. Leader's guide in 4-H food preparation. March 1950.

KENTUCKY

College of Agriculture, University of Kentucky, Lexington 29

Foods and Nutrition:

1. The 4-H Club member entertains. Cir. 393. October 1943.
2. 4-H bake book. Cir. 392. October 1943.
3. Breakfast. 4-H 1002 repr. 1950.
4. School lunches. Cir. 373. October 1941.
5. Supper or luncheon. 4-H 1003. June 1950.
6. Dinner. Cir. 394. repr. 1948.
7. Fruits and fruit juices. Cir. 416. rev. April 1948.
8. Tomatoes and tomato juice. Cir. 418. rev. March 1948.
9. Vegetables. Cir. 421. rev. May 1947.

Food Preservation:

1. Jellies, jams and marmalades. Cir. 439. June 1947.
2. Pickles and relishes. Cir. 442. June 1947.

LOUISIANA

Louisiana State University, Baton Rouge 3

Foods and Nutrition:

1. Better baking. Pub. 1047. 23 pp., illus. February 1951.
2. So you want to learn to cook. Pub. 1130. 73 pp., illus. October 1951.

Food Preservation:

1. You can. Pub. 1020. 26 pp., illus. October 1952.

MAINE

College of Agriculture, University of Maine, Orono

Foods and Nutrition:

1. Food guide for Maine school children. Cir. 217. 1945.
2. Tips to food demonstrators. mimeo. 1 p. 1946.
3. Health guide for 4-H Club members. mimeo. 3 pp. 1947.
4. The 4-H food exhibit--notes for agents and leaders. mimeo. 2 pp. 1947.
5. 4-H entertains at home. mimeo. 4 pp. 1948.
6. Select and plan demonstrations. mimeo. 2 pp. 1951.
7. Preparing foods for the home freezer. Bul. 420. 12 pp., illus. April 1952.
8. Easy entertaining. mimeo. 6 pp. November 1952.
9. Food preparation. Part I. Bul. 342. 24 pp., illus. February 1952.
10. Food preparation. Part II. Bul. 342. 31 pp., illus. November 1952.
11. Food preparation. Part III. Bul. 342. 13 pp., illus. August 1953.
12. Bread and rolls made by 4-H Club members. mimeo. 6 pp. 1953.
13. Everyday table service. Bul. 337. 19 pp., illus. August 1953.
14. What we should learn from the 4-H foods project. mimeo. 2 pp. 1953.

15. 4-H Club menu judging contest. mimeo. 7 pp. 1953.
16. Why and how to measure and how to figure food costs. mimeo. 4 pp. 1953.
17. Raw fruits and vegetables rich in vitamin C. mimeo. 1 p. 1953.
18. Raw fruits and vegetables rich in vitamin A values. mimeo. 2 pp. 1953.
19. 4-H health habits check-up. mimeo. March 1954.
20. Lesson on muffin making. mimeo. 3 pp., illus. January 1954.
21. Proteins for teenagers. mimeo. 1954.
22. One of the 4-H's is for health. mimeo. 1 p. undated.
23. Program planning guide for 4-H Club foods leaders. mimeo. 4 pp. undated.
24. No-knead method for making rolls. mimeo. undated.
25. Plans for demonstration for 4-H Club members. mimeo. 1 p. undated.
26. Party refreshments. mimeo. 2 pp. undated.
27. How do you measure? mimeo. 1 p. undated.
- *28. Better breakfasts for 4-H Club members. 1 p. 1954.
- *29. 4-H Club menu judging contest. 1 p. 1954.
- *30. 4-H Club marketing judging contest. 1 p. 1954.
- *31. Breakfast, dinner, and supper menu 4-H judging contest (for members, and for leaders only.) 6 pp. 1954.

Food Preservation:

1. Food put in freezer. 1 p. 1953.
2. Food taken out of freezer. 1 p. 1953.
3. Canning beans in pressure cooker. mimeo. 3 pp. March 1948.
4. To make a water-bath canner. mimeo. 1 p. April 1948.
5. Types of jars, jar rubbers, and jar covers. mimeo. 3 pp. 1948.
6. Canning tomatoes in boiling-water bath. mimeo. 3 pp. 1948.
7. Home canning for 4-H Club members. Bul. 314. 24 pp., illus. rev. March 1952.

MARYLAND

University of Maryland, College Park

Foods and Nutrition:

1. Food habits. Cir. 155. 11 pp. illus. November 1948.
2. Quick breads, food for health. Univ. VI. 7 pp., illus. undated.
3. Let's bake cookies. mimeo. HD 1252. 19 pp. 1953.
4. Dairy products for health. Misc. Pub. 136. 16 pp. 1953.
5. Milk for a healthier you. 4-H and Home Series Leaf. 6. November 1953.
- *6. A guide for good eating. 4-H and Home Series Leaf. 13. illus. 1955.
- *7. Let's cook--have fun. mimeo. unnumb. 31 pp., illus. undated.

MASSACHUSETTS

University of Massachusetts, Amherst.

Foods and Nutrition:

1. Cook for fun and health. Leaf. 19. 35 pp., illus. rev. June 1951.
2. Every girl can cook. 4-H Leaf. 36. 15 pp., illus. September 1950.

3. Pack a peppy lunch. mimeo. 12 pp. August 1952.
4. The 4-H chef. 12 pp. October 1952.
5. The 4-H hostess. Leaf. 47. 16 pp. August 1951.
6. The 4-H school lunch. mimeo. July 1949.
Leader's guide. June 1952.
- *7. 4-H lunch box. mimeo. 8 pp. 1952.

Food Preservation:

1. Food preservation. mimeo. March 1949.
2. Leader's guide. mimeo. 12 pp. August 1952.

MICHIGAN

Michigan State College, East Lansing

Foods and Nutrition:

1. 4-H school lunch. Bul. 12. 9 pp., illus. September 1948.
2. 4-H outdoor meals. Bul. unnumb. 13 pp., illus. March 1950.
3. 4-H entertains. Bul. 42. 32 pp., illus. June 1940.
4. 4-H Club baking project. Bul. 45. 32 pp., illus. April 1951.
5. 4-H foods, breakfast. Project I. Bul. 30 A. 32 pp., illus.
May 1953.
6. 4-H foods, lunch or supper. Project II. Bul. 30 B. 32 pp.,
illus. June 1952.
7. 4-H foods, dinners. Project III. Bul. 30 C. 32 pp., illus. March
1954.
- *8. Fruits for year around use. Cir. Bul. 164. 51 pp. 1946.
- *9. Deserving desserts. Leaf. unnumb. 12 pp. 1954.
- *10. Quickie or thrifty meals. Leaf. unnumb. 16 pp. 1955.
- *11. Measure your meals. Folder. 1954.

Food Preservation:

1. 4-H food preservation, fruits and tomatoes. Bul. 10A. 24 pp.,
illus. May 1952.
2. 4-H food preservation, freezing fruits and vegetables. Bul. 10B.
24 pp., illus. February 1953.

MINNESOTA

University of Minnesota, St. Paul

Foods and Nutrition:

1. 4-H food preparation. Bul. 32. June 1952.
2. 4-H bread. Bul. 8. repr. March 1951.
3. 4-H food preparation record. June 1950.

MISSISSIPPI

Mississippi State College, State College

Foods and Nutrition:

1. Foods for 4-leaf clovers. Pub. 147. 15 pp., illus. repr. Nov. 1954.
- *2. Food for 4-H Club girls. Pub. 148. 33 pp., illus. repr. Jan. 1955.
- *3. Suggestions for giving 4-H foods and nutrition demonstrations with limited time and equipment.

Food Preservation:

- *1. Freezing foods. Pub. 176. 33 pp., illus. repr. October 1954.
- *2. 4-H food preservation. Pub. 281. 23 pp., illus. June 1954.

MISSOURI

College of Agriculture, University of Missouri, Columbia

Foods and Nutrition:

1. 4-H food preparation I, II, III, IV, V, VI. January 1955.
Leader's guide--food preparation I, II, III, IV, V, VI. January 1955.
2. As your friends see you. Cir. 93. July 1949.
- *3. I pledge my health. Bul. 105. 27 pp.
4. Missouri 4-H health improvement program.
5. Sharpen your judgment. Cir. 85. September 1947.
6. My health yardstick. Chart.

Food Preservation:

1. 4-H food preservation I, II, III, IV. September 1954.
Leader's guide--food preservation I, II, III, IV. September 1954.

MONTANA

Montana State College, Bozeman

Foods and Nutrition:

1. Foods as a 4-H project. Bul. 271. 80 pp. June 1951.
2. Building good food habits. 12 pp., illus. May 1948.
3. 4-H foods leaders' guide. Cir. 1023. January 1950.

NEBRASKA

College of Agriculture, University of Nebraska, Lincoln 3

Foods and Nutrition:

1. As we judge. E.C. 0-44-2. 4 pp., illus. 1952.
2. Beginning baking. E.C. 9-111-2. 17 pp., illus. March 1952.
3. Club member's record book - Beginning baking. Form 9-111-2. 4 pp.
March 1952.

4. Let's cook. E.C. 9-101-2. 17 pp., illus. November 1951.
5. Meats - advanced 4-H food project. E.C. 9-26-2. 4 pp., illus. 1950.
- *6. 4-H demonstrations. E.C. 0-05-2. 12 pp., illus. 1954.
- *7. Beginning meal planning. E.C. 9-121-2. 17 pp., illus. November 1954.
- *8. Club member's record book - Beginning meal planning. Form 9-121-2. 4 pp.

NEVADA

College of Agriculture, University of Nevada, Reno

Foods and Nutrition:

1. The art of breadmaking. Bul. 78. March 1936.
2. High altitude baking problems. Bul. 74. February 1932.
3. The Nevada 4-H Club garden book. Bul. 88. June 1940.

Food Preservation:

1. Food preservation project. rev. June 1948.

NEW HAMPSHIRE

University of New Hampshire, Durham

Foods and Nutrition:

1. As others see you. Cir. 45. 19 pp., illus. New England Coop. Ext. Publication.
2. Demonstrations for 4-H Club members. Cir. 43. 14 pp., illus. New England Coop. Ext. Publication.
3. 4-H food leaders' guide. mimeo. rev. September 1954.
4. The 4-H dinner, Jr. Cir. 67. 26 pp., illus. April 1949.
5. The 4-H breakfast, Jr. Cir. 42. 15 pp. repr. May 1951.
6. The 4-H supper, Jr. Cir. 39. 18 pp. rev. December 1945.
7. The 4-H meal planning. Div. 5. 21127. 14 pp. September 1949.
- *8. Outdoor cookery. mimeo. 37479. 13 pp., illus. 1955.
9. Outdoor cooking fires and fireplaces. mimeo. 37262. 9 pp., illus.
10. Picnic programs and nature games. mimeo. 37262. 6 pp.

NEW JERSEY

College of Agriculture, New Brunswick

1. The dinner bell rings. 4-H foods unit III. 34 pp., illus. May 1950.
2. It's breakfast time. 4-H food unit I. 20 pp., illus. May 1950.
3. Lunch is ready. 4-H food unit II. 26 pp., illus. May 1950.
4. 4-H foods project, leaders' guide. 11 pp., illus. May 1950.
5. When we entertain, 4-H foods activity. 9 pp., illus. May 1950.
6. Outdoor cookery, 4-H food activity. 5 pp., illus. May 1950.
7. Table service and etiquette. 8 pp., illus. undated.
8. Pastry - apple pie. mimeo. 2 pp. December 1947.

Food Preservation:

1. Food preservation. Members units I & II. 29 pp., illus. May 1951.
2. Leaders' handbook - 4-H food preservation. 19 pp. undated.

NEW MEXICO

New Mexico College of A&M, State College

Foods and Nutrition:Let's Learn to Bake Units Circulars:

1. Unit I. Cir. 223. illus. 1953.
2. Unit II. Cir. 246. illus. 1954.
3. Unit III. Cir. 247. illus. 1954.
4. Unit IV. 100E-18. 1954.
5. Unit V. 100E-22. 1952.
6. Unit VI. 100E-23. 1952.
7. Unit VII. 100E-25. 1952.
8. Recipes for baking. Unit VII. 100E-26. 1952.
- *9. My 4-H Club home living project. 500-1. 1954.
10. 4-H basic seven card (revised). 1954.
11. 4-H sanitation. Unit I. 100K-1. 1949.
12. 4-H healthy and happy. Unit I. Cir. 225. 1950.
- *13. 4-H healthy and happy. Unit II. Cir. 100K-3. 1952.
14. Historic cookery. Cir. 161. 1954.
15. Salads for health. 400E-14. 1954.
16. The whys of vegetable cookery. 400E-28. 1952.
17. Information on dairy foods. 200B-16. 1951.
18. Score card for judging a day's menu. 200B-15. 1953.
- *19. Desserts. 400E-39. 1954.
- *20. Choose your calories wisely. 400E-37. 1953.
- *21. Homemade ice cream. 400E-36. 1953.
- *22. A ventilated pantry for New Mexico farm families. 400E-34.
- *23. Check list for baked products. 200E-4. 1952.
- *24. Judging 4-H baked products. 200E-2. 1954.
- *25. Cooking thrifty cuts of beef. 400E-32. 1954.
- *26. New Mexico food plan. 400E-30. rev. 1954.
- *27. Pressure cooker gauge tester. 400E-27.

Food Preservation:Canning the 4-H Way Circulars:

1. Unit I. 100E-1. 1954 (requirements)
2. Unit II. 100E-2. 1954 "
3. Unit III. 100E-3. 1954 "
4. Unit IV. 100E-4. 1954 "
5. 4-H--freezing fruits. Unit I. 100E-10. 1954.
- *6. 4-H--freezing vegetables. Unit II. 100E-11. 1955.
- *7. 4-H--freezing meats, poultry, and eggs. Unit III. 100E-12. 1955.
8. Canning for better living. Cir. 234. illus. 1953.
9. Pickles and relishes. 100E-7. undated.
- *10. Prepared and cooked foods to freeze. 400E-31. rev. 1954.
- *11. Points to consider in judging frozen foods. 400E-33. 1954.

- *12. Special points to look for in judging canned foods. 200E-1. rev. 1954.
 *13. Guide for judging canned foods. 200E-4. 1954.

NEW YORK

New York State College of Home Economics, Ithaca

Foods and Nutrition:

1. The ABC's of cooking. Member's guide. Bul. 95. 15 pp., illus. 1952.
 Leader's guide. mimeo. C-1018. 9 pp. 1952.
2. Adventures in dinners. Member's guide. mult. 30 pp., illus. 1947.
 Leader's guide. mimeo. C-2540. 11 pp.
3. Bake a better cake. Member's guide. mult. 17 pp., illus. 1949.
 Leader's guide. mimeo. C-4660. 7 pp. 1952.
4. Breakfast is ready. Member's guide. mult. 12 pp., illus. 1951.
 Leader's guide. mimeo. C-9529. 6 pp. 1951.
5. Fruit delights. Member's guide. mult. 20 pp., illus. 1954.
 Leader's guide. mimeo. C-6397. 7 pp. 1954.
6. Let's have a party. Member's guide. mimeo. C-6397. 7 pp. 1954.
 Leader's guide. mimeo. D-2200. 6 pp. 1953.
7. Outdoor cookery. Member's guide. mult. 11 pp., illus. 1950.
 Leader's guide. mimeo. C-8842. 6 pp. 1951.
8. Pie time. Member's guide. mult. 17 pp., illus. 1947.
 Leader's guide. mimeo. C-2623. 4 pp. 1951.
9. Time for lunch. Member's guide. mult. 18 pp., illus. 1950.
 Leader's guide. mimeo. C-7973. 6 pp. 1950.
10. Tips for waitresses. Member's guide. mimeo. D-3524. 10 pp., illus. 1954.
 Teacher's guide. mimeo. D-3347. 3 pp. 1954.
11. Yeast breads. Member's guide. mimeo. D-2143. 6 pp. 1953.
 Leader's guide. mimeo. D-2142. 4 pp. 1953.
12. Let's have a party series.
 No. 1 - Refreshments for Teas. Bul. 100. 16 pp., illus. Aug. 1953.
 No. 2 - Refreshments for Buffets. Bul. 102. 15 pp., illus.
 Nov. 1953.
13. Let's bake series.
 Some facts about baking. Bul. 91. 8 pp., illus. September 1950.
 Muffins and quick-loaf breads. Bul. 92. 14 pp., illus. repr. May 1953.
 Cakes and pies. Bul. 93. 15 pp., illus. rev. 1955.
14. Easy to make bread and rolls. Bul. 888. 15 pp., illus. rev. 1955.

Food Preservation:

1. Canning. Member's guide. mimeo. C-3575. 16 pp., illus. rev. 1950.
 Leader's guide. mimeo. C-7561. 7 pp. rev. 1950.
2. Freezing. Member's guide. mult. 17 pp., illus. 1948.
 Leader's guide. mimeo. C-3578. 5 pp. rev. 1948.

NORTH CAROLINA

North Carolina State College, State College Station, Raleigh

Foods and Nutrition:4-H Food Preparation--

1. Cooking the 4-H way - Club Series 15. rev. October 1954.
2. Foods for special occasions - Club Series 81. June 1954.
3. The 4-H baking unit - Club Series 76. August 1953.

Food Preparation Record Books--

- *4. The breakfast unit. mult. 1955.
- *5. The lunch or supper unit. mult. 1955.
- *6. The dinner unit. mult. 1955.
- *7. The baking unit. mult. 1955.
- *8. Special occasions unit. mult. 1955.

Miscellaneous 4-H Food--

- *9. Let's start the day right with a good breakfast. mimeo.
- *10. Drink and eat milk for your health. Club Series 84. January 1955.
- *11. 4-H opportunities for leaders to help 4-H girls with food preparation. mimeo.

4-H Health--

- *12. 4-H health improvement record book. mult. 1955.
- 13. A song of health. Club Series 41. rev. January 1953.
- 14. Protect your smile. mult.
- 15. Good posture. mult.
- 16. My 4-H health improvement record. mult.

NORTH DAKOTA

North Dakota Agricultural College, State College Station, Fargo

Foods and Nutrition:

1. Foods the 4-H way. 1st year. No. 2863. Member's manual.
2. Foods the 4-H way. No. 2874. Leader's manual.
3. Dairy foods. 4-H demonstration suggestions. rev. 1954.
4. Meals the 4-H way. No. 2150. Leader's manual.
5. Meals the 4-H way. 2nd. year. Member's manual.
6. 4-H outdoor cookery.
7. Be wise, be ware, be right, when buying food.
8. Judging exercises for 4-H foods club members. 1955.
9. We're off to a good start. Breakfast skit. 1955.

OHIO

Ohio State University, Columbus 10

Foods and Nutrition:

1. Baking is fun! 4-H Cir. 154. 8 pp., illus. July 1953.
Leader's guide. mimeo. 8 pp.
2. Salads, sandwiches and summer drinks. 4-H Cir. 141. 24 pp., illus.
November 1953.
Leader's guide. mimeo. 4 pp.

3. The 4-H Club member bakes yeast breads, rolls, and pie. 4-H Cir. 155. 16 pp., illus. January 1954.
Advisor's guide. mimeo. 1 p.
4. 4-H Club girls bake cakes and cookies. 4-H Cir. 160. 20 pp., illus. November 1953.
Leader's guide. mimeo. 14 pp.
5. Let's cook. 4-H Cir. 142. 24 pp., illus. November 1953.
Advisor's guide. mimeo. 12 pp.
- *6. Foods for snacks and packs. (New for trial in a few counties)
- *7. Hearty meals. (New for trial in a few counties)

Food Preservation:

1. Freezing fruits and vegetables. 4-H Cir. 165. 8 pp., illus. January 1954.
- *2. Canning fruits and tomatoes. 4-H Cir. 163. 16 pp. June 1954.
- *3. Canning vegetables and meats. 4-H Cir. 164. 20 pp. October 1951.

OKLAHOMA

Oklahoma A. and M. College, Stillwater

Foods and Nutrition:

4-H Home Demonstration Circulars. undated.

1. One, No. 531. 20 pp., illus.
2. Two, No. 532. 20 pp., illus.
3. Three, No. 533. 24 pp., illus.
4. Four, No. 534. 28 pp., illus.
5. Five, No. 535. 32 pp., illus.
6. Six, No. 536. 36 pp., illus.
7. Seven, No. 537. 44 pp., illus.
8. Eight, No. 538. 32 pp., illus.
9. Nine, No. 539. 20 pp., illus.
10. 4-H for health. Cir. 436. 8 pp., illus. 1950.

OREGON

Oregon State College, Corvallis

Foods and Nutrition:

- *1. Mealtime fun--4-H food project I. Club Series M-54. 30 pp., illus. September 1954.
- *2. Mealtime fun--beginning 4-H foods project. Leader's guide. mimeo. C-6440. 15 pp. September 1954.
- *3. Mealtime fun record book--4-H foods project I. Club Series M-55. 4 pp. September 1954.
4. 4-H foods and health record card. repr. February 1954.
5. The luncheon or supper club. Bul. M-52. Div. II. 39 pp., illus. November 1952.
6. Cooking IV. M-5204. 8 pp. January 1951.

7. Camp cookery. Bul. M-43. 27 pp., illus. repr. December 1949.
8. Cookery record book. Leaf. M-46. 7 pp. rev. 1953.
9. Cookery record book. Bul. M-47. 11 pp. rev. 1954.
10. Cookery record book. Bul. M-48. 12 pp. Div. III. rev. January 1955.
11. Cake baking contest. Leaf. 8 pp., illus. April 1949.
12. Let's demonstrate. Bul. A-45. 17 pp., illus. January 1952.
13. Pages from 4-H judges' handbook.

Food Preservation:

1. The freezing preservation of fruits and vegetables. Ext. Bul. 688. 5 pp., illus. rev. June 1954.
2. Food preservation. Bul. J-29. 39 pp., illus. February 1951.

PENNSYLVANIA

The Pennsylvania State University, University Park

Foods and Nutrition:

1. Buffet meals. Cir. 328. 20 pp., illus. March 1949.
2. Festive family meals. Cir. 326. 20 pp., illus. March 1949.
3. Let's cook outdoors. Cir. 285. 35 pp., illus. January 1952.
4. It's fun to cook. Cir. 354. 37 pp., illus. January 1950.
5. Dinner club. Cir. 355. 39 pp., illus. January 1950.
6. Let's pack a lunch. Cir. 375. 15 pp., illus. January 1951.
7. Snacks. Cir. 327. 15 pp., illus. March 1949.
8. Teas. Cir. 325. 13 pp., illus. February 1949.

Food Preservation:

1. Preserve and serve. Cir. 337. 38 pp., illus. May 1949.

PUERTO RICO

University of Puerto Rico, Rio Piedras

1. La nina 4-H bien vestida. March 1949.
2. Utilizacion de juntas consultivas. 4-H Cir. 4. July 1950.
3. Clubes 4-H modelo. Cir. 51. rev. August 1948.
4. El mani. Cir. 45. rev. May 1949.
5. La habichuela soya y su cultivo. Cir. 44. rev. August 1948.
6. Por que debemos organizar juntas consultivas para el programa. Cir. 62. August 1947.
7. Seman nacional de logros. Cir. 60. rev. October 1949.

RHODE ISLAND

University of Rhode Island, Kingston

1. Let's learn to cook. Bul. 102. (This is now out of print)

SOUTH CAROLINA

Winthrop College, Rock Hill

Foods and Nutrition:

These are in the process of being rewritten in two bulletins--one for Junior and one for Senior Club members.

Breakfast Series:

1. A good breakfast. Cir. 87. 1948.
2. Fruits for breakfast. Cir. 60. 1948.
3. Cereals for breakfast. Cir. 61. 1948.
4. Eggs for breakfast. Cir. 62. 1948.
5. Meats for breakfast. Cir. 63. 1948.
6. Breads for breakfast. Cir. 64. 1948.
7. Beverages for breakfast. Cir. 65. 1948.

Lunch or Supper Series:

8. Planning a lunch or supper. Cir. 91. 1949.
9. Meats for lunch or supper. Cir. 93. 1949.
10. Salads for lunch or supper. Cir. 92. 1949.
11. Desserts for lunch or supper. Cir. 99. 1949.

Dinner Series:

12. Let's cook dinner. Cir. 85. 1948.
13. Vegetables for dinner. Cir. 66. 1948.
14. Meats for dinner. Cir. 67. 1948.
15. Salads for dinner. Cir. 86. 1948.
16. Breads for dinner. Cir. 68. 1948.
17. Desserts for dinner. Cir. 69. 1948.

General:

1. It's fun to have an outdoor supper for family and friends. mimeo.
2. Manners can be fun. mimeo.
3. 4-H food habit record.
4. Physical examination score card - 4-H health improvement.
5. 4-H health habit record.

SOUTH DAKOTA

State College of Agriculture, Brookings

Foods and Nutrition:

1. Home economics local leaders' guide. Cir. 483. 10 pp., illus. June 19
2. How and why of 4-H Club demonstrations. Cir. 417. 16 pp., illus.
May 1945.
3. Meal planning. Cir. 468. 15 pp., illus. May 1951.
4. Meal planning kitchen record sheet. 1 tagboard sheet. March 1950.
5. Meal planning score card. mimeo. cir. 8 pp.

TENNESSEE

College of Agriculture, University of Tennessee, Knoxville 16

Foods and Nutrition:

1. Dairy Foods Demonstrations. undated.
 - Ice cream
 - Importance of dairy products in the diet
 - Individual dairy foods demonstration
 - Luncheon dishes
 - Lunch is served
 - Making Buttermilk at home
 - Milk desserts (2 leaflets)
 - Milk drinks
 - Milk straining and cooling
 - Rating bossy and the milk maid
 - Sandwiches for 4-H picnics and party
 - Suggestions for improving dairy foods demonstrations
 - Sunday night supper
 - Vanilla ice cream with sauces
 - When and how to use dry milk.
 - *Dairy drinks
 - *Recipes for dairy drinks demonstration
 - *A lunch that packs a punch
 - *A quick luncheon
 - *Buttermilk dishes
 - *Cheese magic
 - *Cheese salads
 - *Dairy products for the nutrition-wise and dairy sauces
for the recipe-wise
 - *Home Pasteurization
 - *How to use dairy products in meal planning
2. 4-H Club demonstration on nutrition--No. 1=Calcium
No. 2=Iron
No. 3=Protein
3. 4-H'ers prepare and serve a good breakfast
4. 4-H'ers prepare and serve refreshing summer drinks
5. 4-H'ers prepare and serve whole grain hot bread
6. 4-H Club food and health quiz
7. It's picnic time
8. Let's cook breakfast
9. Let's cook vegetables
10. Let's drink milk
11. Let's eat breakfast
12. Let's eat cereal
13. Let's eat an egg
14. Let's eat, 4-H'ers
15. Let's eat fruit
16. Let's eat lean meat
17. Let's eat lunch

18. Let's eat by rule of thumb
19. Let's eat raw vegetables
20. Let's gather and eat nuts
21. Let's plan 4-H Club picnics
22. Milk and dairy products quiz
23. Milk fairies' demonstration
24. Refreshments for 4-H dairy foods demonstration
25. Suggested subjects for dairy foods demonstration
26. Suggestions for cherry pie baking contest

Food Preservation:

- *1. Dairy foods in the freezer
- *2. Dairy foods in the home freezer

Health Material, mimeos.

- *1. 4-H Demonstration - first aid kit for every home.

TEXAS

Texas A. and M. College, College Station

Foods and Nutrition:

1. Food for camp. B-212. 15 pp., illus. February 1953.
2. Clean milk. 4H-2. 2 pp., illus. undated.
3. These are the berries. 4H-8. 2 pp., illus. February 1949.
4. Let's cook and eat green and yellow vegetables. 4H-30. 2 pp., illus. August 1948.
5. Let's cook and eat sweet and Irish potatoes. 4H-31. 2 pp., illus. August 1948.
6. Let's cook and eat tomatoes. 4H-32. 2 pp., illus. August 1948.
7. Let's cook and eat "other" vegetables. 4H-33. 2 pp., illus. October 1948.
8. Set the table the easy way. 4H-36. 2 pp., illus. September 1948.
9. Let's bake cookies. 4H-44. 2 pp., illus. December 1952.
10. Let's prepare and eat vegetable salads. 4H-55. 4 pp., illus. May 1951.
11. Food and fun with friends. MP-121. 12 pp., illus. 1955.

Food Preservation:

1. Getting the water bath ready for canning. 4H-3. 2 pp., illus. repr. July 1947.
2. Canning tomatoes. 4H-22. 4 pp., illus. August 1947.

UTAH

Utah State Agricultural College, Logan

Foods and Nutrition:

1. Have fun with foods - beginners' program. February 1955.
2. Learn about luncheons, 4-H foods project, Phase III. Bul. 170. 30 pp. June 1948.

3. Dinner is served, 4-H foods project, Phase IV. Bul. 182.
23 pp., illus. June 1949.
4. First call to breakfast, 4-H foods project, Phase II. Cir. 169.
20 pp., illus. May 1952.
5. Leaders guides for each 4-H phase.
6. Carry yourself with pride. 4-H Series D-1. 29 pp., illus.
April 1954.

VERMONT

College of Agriculture, University of Vermont, Burlington

Foods and Nutrition:

1. It's results that count. NEC-3. May 1946.
2. New horizons with foods. C49-49.
3. The 4-H Club entertains. C49-46.
4. 4-point nutrition plan with homemade mixes to save time, energy,
money. SDES-S-13.
5. Junior cooks. M3997/30-9/48-2000.
6. Beginning cooks. C48-53.
7. Senior cooks. unnumb. May 1954.

Food Preservation:

1. 4-H food preservation project. C50-54-5m.

VIRGINIA

Virginia Polytechnic Institute, Blacksburg

Foods and Nutrition:

1. Preparing meals. Bul. 208. 22 pp. September 1953.
2. Making bread at home. Cir. 383. 8 pp. November 1952.
3. Food for teen agers. mimeo. MF-289. August 1953.
4. How to give a demonstration. Cir. 490. 1 p. January 1950.
5. 4-H member's meal preparation report. mimeo. MF-248. April 1953.
6. 4-H member's bread project report. mimeo. MF-205. April 1953.
7. Teen age favorites. mimeo. MF-278. October 1952.
8. Munch or lunch. mimeo. MF-126. June 1950.

Food Preservation:

1. 4-H member's food preservation report. mimeo. MF-246. April 1953.

WASHINGTON

State College of Agriculture, Pullman

Foods and Nutrition:

4-H Club Projects (For limited distribution only)

1. 4-H breakfasts. Bul. 428. 12 pp., illus. 1950.
2. 4-H baking cookies, cakes and pies. Bul. 432. 8 pp., illus. 1952.

3. Let's cook. Bul. 438. 24 pp., illus. 1954.
4. 4-H baking breads and quick breads. Bul. 441. 8 pp., illus. 1951.
5. 4-H luncheons and suppers. Bul. 445. 12 pp., illus. 1951.
6. 4-H baking for the family. Bul. 452. 8 pp., illus. 1954.
7. Baking - now you're an expert. Bul. 453. 4 pp., illus. 1951.
8. Dinners. Bul. 458. 12 pp., illus. 1952.
9. Family meals for special occasions. Bul. 466. 12 pp., illus. 1951.
10. Food and fun with friends. Bul. 473. 8 pp., illus. 1953.
11. Outdoor eating. Bul. 474. 8 pp., illus. 1953.
12. 4-H guide for leaders - let's cook. mimeo. 617. 3 pp., 1949.
13. 4-H foods projects. mimeo. 1027. 3 pp. 1952.
14. Our storehouse of meat, poultry, rabbit, fish. mimeo. 1268. 11 pp. 1952.
15. Our family food supply. mimeo. 1324. 13 pp. 1952.
16. 4-H foods report. unnumb. 2 pp. 1951.

Food Preservation:

1. Washington fruits - canned, frozen, stored. mimeo. 943. 11 pp. 1952.
2. 4-H food preservation guide for leaders. mimeo. 1269. 3 pp. 1952.
3. Washington vegetables - canned and frozen. mimeo. 1274. 11 pp. 1952.
4. Let's can and freeze foods. mimeo. 1280. 12 pp. 1952.

Other Teaching Materials (for distribution):

1. On the road to quality foods. Cir. 126. 5 pp., illus. 1950.
2. School lunch information. mimeo. 813. 2 pp. 1954.

WEST VIRGINIA

College of Agriculture, West Virginia University, Morgantown

Foods and Nutrition:

1. Baked desserts. 45+4 pp. rerun 1953.
2. Food for fun. 25+4 pp., illus. rerun 1954.
3. Junior meal planning. 54+4 pp., illus. rerun 1954.
4. Second year meal planning. 48+4 pp., illus. rerun 1953.
5. Third year meal planning. 70+4 pp., illus. rerun 1953.
6. Pack a lunch with a punch. printed. 24 pp., illus.
7. Top o' the stove cookery. 21+4 pp. rerun 1953.
8. Yeast breads. 29+4 pp., illus. rerun 1954.

Food Preservation:

1. First 4-H food preservation project (11 to 13 years). 12+4 pp., illus. rerun 1954.
2. Second 4-H food preservation project (12 to 14 years). 15+4 pp., illus. rerun 1954.
3. Third 4-H food preservation project (13+ years). 24+4 pp., illus. rerun 1954.
4. Fourth 4-H food preservation project (13+ years). 15+4 pp. rerun 1954.
5. Fifth 4-H food preservation project (13+ years). 13+4 pp. rerun 1953.

WISCONSIN

College of Agriculture, University of Wisconsin, Madison 6

Foods and Nutrition:

1. Grains in our meals. Cir. 39. rev. September 1952.
2. Vegetables in our meals. Cir. 43. rev. June 1949.
3. Fruits in our meals. Cir. 56. rev. July 1951.
4. Our school lunch as a 4-H project. Cir. 55. June 1946.
5. Meat in our meals. Cir. 61. rev. July 1953.
6. It is fun to cook. Cir. 65. November 1952.
7. Dairy foods and demonstrations for 4-H Club members. April 1954.

WYOMING

College of Agriculture, University of Wyoming, Laramie

Foods and Nutrition:

1. Chart your health habits. 4-H health leaf. HL-1. 4 pp.
2. Sanitation and disease prevention. 4-H health leaf. HL-2. 8 pp., illus. October 1953.
3. 4-H health activity in 1954. Leader's guide. mimeo. 6 pp.
4. Meals the 4-H way I. Cir. 71. 12 pp., illus. January 1953. Leader's guide I. mimeo. 6 pp.
5. Meals the 4-H way II. Cir. 80. 14 pp. October 1953. Leader's guide II. mimeo. F-11. 7 pp. 1954.
6. Meals the 4-H way IIa. Cir. 80. 63 pp., illus. rev. July 1947. Leader's guide IIa. mimeo. 4 pp.
7. Meals the 4-H way III. Cir. 115. 60 pp. September 1950. Leader's guide III. mimeo. 5 pp.
8. Meals the 4-H way IV. 96 pp., illus.
9. Meals the 4-H way V. 18 pp., illus.

